



# Breast Health MATTERS

410 Kenwood Avenue, Delmar, NY 12054 • (518) 439-5975  
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## Save the Date!



**21<sup>st</sup> Annual  
Beat the Odds**

**Wednesday,  
August 7, 2019**

**Saratoga City Center  
Saratoga Springs, NY**

June is National LGBTQ Pride Month  
To Life! celebrates our diverse  
survivor community

**We love to see you in person  
but we can find each other  
on line too!**

Visit us at [www.tolife.org](http://www.tolife.org) and  
sign up for monthly email  
updates and announcements.  
Or email us at [info@tolife.org](mailto:info@tolife.org)  
with any questions.

We want to hear from you!

## Survivor - What's in a Name?

*By Melanie McCulley, MS*

*Support Services Program Manager*

June has been designated as Cancer Survivor Awareness Month and never before have there been more cancer survivors. According to the National Cancer Institute, as of January 2019, there are an estimated 16.9 million cancer survivors in the United States (3.1 million of them are breast cancer survivors). This number is projected to increase to 21.7 million by 2029.

With an increasing focus on cancer survivorship, comes a diversity of opinions and feelings about the concept and term "survivor." It's not merely a buzzword, but a term that grew out of patient advocacy around providing coordinated follow up care to people who have/had cancer and are post-treatment or in maintenance. In 1986, the National Coalition of Cancer Survivorship (NCCS) coined the term "survivor" with the statement: "From the moment of diagnosis and for the balance of life, an individual diagnosed with cancer is a survivor."

As the population of people living after cancer increased, it became evident that the impact of cancer does not stop simply because treatment concludes. Many cancer survivors experience long-term physical issues including fatigue, pain, lymphedema, neuropathy, sexual and fertility concerns, and other long term treatment side effects. Long term psycho-social impacts such as anxiety, depression, grief, anger, fear of recurrence, cognitive issues, and sleep disturbances are not uncommon. Many survivors also deal with relationship challenges, career and financial issues, body image concerns, as well as others.



*Continued on Page 2*

## To Life! In the Kitchen

*Sue Abbuhl, Outreach Coordinator*

Earlier this year, To Life! and Honest Weight Food Co-op teamed up for a cooking class at the Honest Weight Food Co-op kitchen. ***Nourishment for Women During and After Breast Cancer Treatment*** was presented by Raya Ioffe, Functional Nutritionist & Lifestyle Practitioner. A regular volunteer presenter for the Co-op, Raya worked with the To Life! staff to identify recipes that featured nutrient-rich ingredients and were straightforward to prepare.

The first dish featured roasted cauliflower with a drizzle of tahini dressing. Cauliflower is a cruciferous vegetable (known for anti-cancer properties) and a good source of phytonutrients. Tahini also contains essential vitamins and minerals. The second recipe, a Bone Broth, is intended to support digestion, strengthen bone health and boost immune function. Each recipe was easy to make, flavorful and nourishing. A sense of camaraderie built during the class with participants sharing food experiences and suggestions. Overall, the class got high marks! We hope to offer more cooking classes in the future!

Survivor! continued from Page 1

It became critical to develop a framework for studying and addressing these issues, therefore requiring a term to define the group being studied and to make the case for such research and services. In 2013 “Survivorship” came into national awareness clinically, with the National Comprehensive Care Network’s announcement of Survivorship Guidelines to aid practitioners in assessing and addressing the longer term effects of cancer and treatment. At this point, survivorship care plans and more clear standards of care came into being.

To Life! is committed to provide education and support services to women and families navigating breast cancer. This includes our growing population of survivors who regularly affirm that the need for support doesn’t end when active treatment concludes. Often women remark that one of their most difficult times was when treatment ended or maintenance mode began. They describe feeling isolated and disconcerted when the structure and constant medical monitoring of treatment concluded. They were left at loose ends when still in need of support for the next phase, which is rebuilding one’s health and life, and finding a “new normal”.

Having a framework and support is invaluable to work through those issues. To go a step further, survivors must integrate the life before cancer with the life after, viewing this new picture through the lens of survivorship. Whether a person who has had cancer identifies with the term survivor, fighter, warrior, veteran, thriver, or none of the above, this is a good time to reflect on where they’ve been, how far they’ve come, and where they are going. If this person is you, allow yourself to be awed by your strength, resilience, humor, courage, tenacity, and sheer will. Each and every day of life is its own victory and gift, no matter the label used. Survivors are the embodiment of hope for anyone who has ever had cancer and for each newly diagnosed person. “Survivor”, by any name, is still as sweet.



From Mara’s Desk

It’s June and while there are many weddings this month, the decision by breast cancer survivors about whether “to have and to hold” isn’t about marriage - it’s about breast implants! Have you been reading articles in the New York Times and elsewhere and wondering whether you should have post-mastectomy reconstruction with silicone implants or whether you should have them removed if you have them? There is science that can help you make sense of news reports. Join us on Wednesday August 7, 2019 and hear an expert present the first annual Cynthia Shenker lecture. Together we will all learn about different types of silicone implants and when/why, how and to whom they are available and recommended. Let’s use the facts to decide whether “to have and to hold.”



Ageless Appreciation

Eileen Bird  
Executive Director

Since launching our 20<sup>th</sup> year celebration, I have shamelessly raved to just about anyone who would listen how exciting it is for To Life! to have passed the 20 year threshold. As our roots continue to branch out, I want to share an example of how our reach impacts those we serve. As we were planning for our May fundraiser *A Toast To Life!*, I was contacted by quite a few of our volunteers who asked if we might have volunteer jobs for their children, mostly high school aged. Of course we enthusiastically said yes! And boy, did they do a terrific job. From selling raffle tickets, to greeting guests to helping our culinary tables, you name it, these kids got it done! So I went back to the parents to ask why us? And in each case, moms simply stated that To Life! was a fine example of community-building and hospitality. They wanted their girls to experience that feeling for themselves.

Over the years, we have had many young ones participate in our fundraisers and I am grateful for their enthusiasm and cheerful spirit. And while we are on the subject, let’s be thankful for each and every committee member, office worker, support group host, gardener, mentor and board member. We could not do what we do without the wonderful support of each and every one of you.

With warm regards,  
Eileen

Our Toast to Life! 2019 Awardees



The Extra Mile!

Anne Lawton, RN  
St. Peter’s Health Partners  
As an Outreach Nurse, Anne concentrates on cancer prevention. Also a passionate outdoorswoman and hiker, Anne collaborates with To Life! on a hiking program that has ongoing survivor involvement and that participants have described as a “moving support group”. *Thank you Anne!*



Community Advocate Award

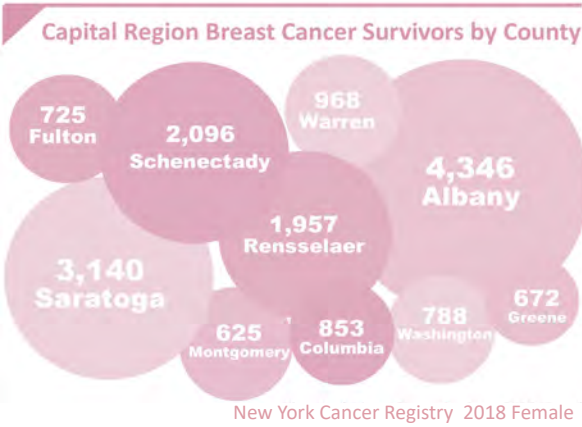
The Nigro Companies  
The Nigro family and corporation have supported To Life! for years; advising board members, on committees, enlisting colleagues, and cheering at the Pink Zone. Nigro Companies is a resource to community leaders and businesses, helping turn vision into reality. They support many community organizations, including To Life! According to Lisa Nigro Ferguson (pictured) “ We know To Life! is making a positive difference in people’s day to day lives as they deal with a breast cancer diagnosis”. *Thank you Lisa and company!*

Survivorship in our Region - By the Numbers

If you have received a cancer diagnosis, you may have asked yourself - how many others are out there? The State of New York tracks these numbers and more through the NYS Cancer Registry. Cancer Registry data can be found on the NYS Department of Health website.

To Life! is tracking breast cancer survivors – the population of individuals who may benefit from the services and programs offered by To Life! The counties below represent the To Life! service area. The bubbles represent the estimated number of breast cancer survivors within each county. The number of survivors is trending up.

It is troubling to note that the number of newly diagnosed cases of breast cancer continues to rise, although gradually. The American Cancer Society estimated that over 17,000 new cases of breast cancer were diagnosed in New York State in 2018. Thankfully, there has been a sharp decrease in mortality rates crediting a focus on early detection, treatment advancements and quality medical care. The result is an increase in survivorship numbers – a growing community.



To Life! is committed to improving quality of life for cancer survivors and for assisting with reducing cancer occurrence. Consistent with the mission of To Life!, is support for the work of the NYS Cancer Consortium. As advocates for survivorship issues, To Life! helps communicate key concepts and engage this growing and evolving population.

To Life! has identified a ten county service area and is focused on highlighting and collaborating with medical providers, clinicians, and others who can be of value to the thrivers in our community.

The foundation of To Life! is built on empowerment through information and community. Starting with websites – there are many that offer in-depth information about cancer. This 24/7 access to information can offer as much or as little as you wish to know. Complementing the national sites you will find the To Life! website focused on the 10 county area surrounding the Greater Capital Region. The To Life! site has been revamped to include an overview of our program and service offerings, general survivorship concepts, helpful resource links, and some general information about the organization.

Building a survivor/thriver community is all about engagement and communication. The To Life! office is open Monday – Friday 9-5pm. Trained staff address a myriad of incoming calls and inquires. To Life! offers one on one support, peer to peer mentoring and support groups. The organization continues to run education programs, specifically the annual Women’s Health Conference and Beat the Odds. We appreciate you referring your patients, friends, or family members to To Life! Our goal is simply to meet the needs of cancer thrivers.



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# A Year of Appreciation and Recognition!

## We thank our Pink Ball Corporate Sponsors!

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**PINK Ball**  
2018

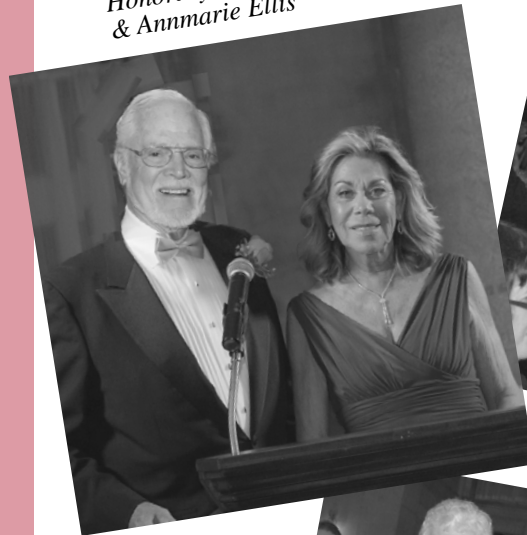
October 26, 2018  
Hall of Springs, Saratoga Springs

*To Life!* kicked off the 20<sup>th</sup> year celebration with the annual Pink Ball at the Hall of Springs in Saratoga. This festive evening featured a special tribute to our board member and good friend Cindy Shenker. Cindy was a guiding presence within the *To Life!* organization for many years. Her legacy will live on in the Cindy Shenker Speaker Series beginning this August at "Beat the Odds" in Saratoga.

CELEBRATE  
20

Honorary Chairs Herb and Annmarie Ellis were exceptional hosts for the evening. Thanks to every one of our corporate donors for supporting this special evening, and to the multitude of Pink Ball attendees who stepped up during the evening to financially support the work of *To Life!* as we begin our next twenty years of service to the Breast Cancer community of this region.

Honorary Chairs Herb  
& Annmarie Ellis



A Toast to Mara Ginsberg's 60<sup>th</sup> birthday!



Mara Ginsberg &  
James Campbell



Dr. Joseph Bell & Jill Gottung



Joslyn McArdle & Deborah  
McGuinness



Linda Hohn, Mary Skelly &  
Debra Nozik



Honoree Anne Lawton &  
Martha McCormick



Arsyl DeJesus, Mara Ginsberg, Ira Zakon, Karen  
Tedisco, Sabrina Mosseau, & Martha Minbiole



Mara Ginsberg, Lisa Nigro Ferguson  
& Eileen Howe Bird

Featuring 14 fabulous restaurants, A Toast *To Life!* was a great success. Awardees Anne Lawton, RN of St. Peter's Health Partners, and the Nigro Companies, represented by Lisa Nigro Ferguson, spoke eloquently about service and commitment to community. James Campbell served as Honorary Chair for this event.

## *To Life!* Toasts our Corporate Sponsors!

### ★★★★★ A Toast to Health

St. Peter's Health Partners

### ★★★★★ A Toast to Family

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### ★ A Toast to Gratitude

Bella Napoli Italian Bakery

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Thank You to our Generous Donors

Celebrate 20 Donors

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 Andrea Katz Andrade  
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 Corliss Bull  
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 Cindy Shenker  
 Bradley Field, In Memory of  
 Karen A. Field  
 Cynthia J. Freedman, In Honor of  
 Mara’s Vision!  
 Mark & Tammy Frodyma, In Honor of  
 Tammy Frodyma & Linda Frodyma

Patricia Gaynor, In Memory of Sharon Quist & Julie Muth  
 Thomas Grant, In Memory of  
 Cindy Shenker  
 Pamela Howard, In Memory of  
 Shirley B. Howard  
 Alicia Jacobs, In Honor of Raylene & Richard Jacobs  
 Joan Kapelle, In Memory of Miss Gertrude Uline  
 Maria & Steven Karr, In Memory of  
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 Aline Lembo, In Honor of  
 Aline Lembo  
 Judy Lenihan, In Honor of the  
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 Mara Ginsberg  
 Roseann Lohrey, In honor of  
 her 83<sup>rd</sup> birthday  
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 Dorothy Englander, In Memory of  
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 Cindy Shenker  
 Polikseni “FiFi” Fotiu, In Memory of  
 Frederica Fotiu  
 Marilyn Frantsov, In Memory of  
 Mary Ellen Kuta  
 Robert & Dorothy Ganz, In Honor of  
 Mara Ginsberg  
 Eugene Ginsberg, In Honor of 60<sup>th</sup>  
 anniversary of the birth of  
 Mara Ginsberg  
 Lois Goland, In Memory of  
 Diane Rosenbaum  
 Harriett Jordan DeGraff Revocable Trust, In Honor of  
 Kimberly Smith Murphy  
 Mary Harrison, In Honor of  
 Kathleen Kane  
 Marie E. B. Hoffman, In Honor of  
 Sandy Foster  
 Joanne & Steven Horowitz, In Honor of  
 Mara Ginsberg  
 Matthew Kohn, In Honor of birth of  
 Baby Boy Sperber  
 Maribeth Krupczak, In Memory of  
 Stella Krupczak  
 Nancy & Steven Lerner, In Honor of Mara & To Life’s  
 20 years

Richard Litzky, In Honor of: Mara Ginsberg-Pohl & 50+ years of being our favorite cousin  
 Matthew & Jennie Mahony, In Honor of  
 Debbie Parker  
 Pamela McCarthy, In Honor of Deb Renner’s Birthday  
 Amy Murphy, In Honor of brave breast cancer fighters everywhere  
 Diane O’Connor-Easton, In Honor of  
 Deb Renner  
 Courtney & John Olsen, In Memory of  
 Dorothy Burt  
 Debra Renner, In Memory of  
 Peg Hutchinson  
 Linda Rose, In Memory of  
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 Carole Saurack, In Memory of  
 Melinda Kowaleski  
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 H & R Block  
 KAPL Pink Day  
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 Saratoga Clay Arts - Chili Cook Off

Serve for the Cause  
 Spring Quilters’ Get-Away Weekend  
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 Village Pizzaria’s Toast to the Ta Ta’s Golf Tournament  
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 Donations recieved 6/29/18- 5/30/19.

How to Donate

To Life! is an independent not-for-profit organization (501(c) (3) providing services in a ten-county region surrounding the Greater Capital Region. Your gift helps us continue to provide free-of-charge services to women and families dealing with issues related to Breast Cancer. All contributions stay within the region.

How to contribute to our efforts: Annual Appeal

We rely on our annual fund each year to help meet our operating expenses.

Gifts in Memory of a family member, friend, or colleague  
 Many families and friends choose to donate to *To Life!* in memory of someone who had breast cancer and/or was supported by *To Life!* This kind and simple gesture brings comfort to loved ones.

Gifts in Honor of a family member, friend, or colleague  
 A gift in support of *To Life!* is a wonderful way to honor someone who is fighting breast cancer, or an individual who has served an important role in the care or treatment of those fighting breast cancer.

SEFA Contributions by State Employees  
 The State Employee’s Federated Appeal (SEFA) allows state employees to make payroll deductions toward charitable contributions. To support *To Life!*, reference SEFA #50-227.

Legacy Giving  
 If *To Life!* has been important to your life, you may choose to join an honored group of *To Life!* friends who include *To Life!* in their estate plans. Including *To Life!* in your will and/or retirement plan will help ensure our services remain available for those who are diagnosed in years to come.

To Life! Annual Appeal
 Your gift today helps us continue to provide our free of charge programs and services for women and families.
 I wish to support To Life! in the amount of \$ \_\_\_\_\_ ☐ Check Enclosed (Made payable to *To Life!*) ☐ Mastercard ☐ Visa ☐ AmEx
 I wish to make a multi-year pledge of \$ \_\_\_\_\_ for \_\_\_\_\_ years.
 Donor Name \_\_\_\_\_ Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_
 Email Address \_\_\_\_\_ Phone (day) \_\_\_\_\_ Phone (eve) \_\_\_\_\_
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 My donation is in memory/honor of: \_\_\_\_\_
 Please send an acknowledgement form to: \_\_\_\_\_
 Please mail form to: *To Life!* 410 Kenwood Ave., Delmar, NY 12054. Or, donate online at [www.tolife.org](http://www.tolife.org)
 SEFA Giving: To support *To Life!* through SEFA contributions: SEFA #50-227
 Your generosity is greatly appreciated!



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Education & Support  
[www.tolife.org](http://www.tolife.org)

410 Kenwood Avenue  
Delmar, NY 12054



Join us for  
**BEAT THE ODDS!**  
*Educational Forum on Breast Cancer*



**Tuesday August 7<sup>th</sup>, 2019**  
**Saratoga City Center, Saratoga Springs**  
**9am - 12noon** (*Light breakfast will be served starting at 8am*)

**BREAST IMPLANTS POST MASTECTOMY - TO HAVE OR TO KEEP?**  
**AND**  
**BREAST CANCER SCREENING FOR THOSE WITH IMPLANTS**  
**GET THE FACTS!**

*Presenters include:*

**Stephen Nagel, MD**  
Surgical Oncologist, Medical Officer at, US Food and Drug Administration

**Andrew Warheit, MD**  
Diagnostic Radiologist, Medical Director at St Peter's Hospital Breast Center

This program is free of charge. Pre-registration is required.  
Register online at [www.tolife.org](http://www.tolife.org) or call (518) 439-5975



Friday, October 25  
Hall of Springs  
Saratoga Springs, NY

[www.tolife.org/events](http://www.tolife.org/events)

**9<sup>th</sup> Annual**



**Women's Health  
Conference**

**Tuesday, November 12<sup>th</sup>,**  
**8am—4:30pm**

**Carondelet Hospitality Center,**  
**Latham, NY 12110**